



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Our unlimited power to care and love can make the biggest difference in the quality of someone's life." -Unknown

Caregiver Tip:

Hurricane and flash flood season officially begins on June 1. Caregivers should develop an emergency plan, especially because of the recent weather emergencies experienced in this area.

- If you live in an apartment building, find out the building's emergency plan. If your loved one requires special assistance or transportation assistance to be evacuated, inform your local emergency manager ahead of time.
- Notify the electric company of medical equipment used daily that requires electricity. If possible, get another power source for the device.
- If your loved one is hearing impaired, consider buying an alert system that has a visual signal. If visually impaired, make sure he or she can hear sirens or other alerts.
- If your loved one is receiving treatments such as dialysis find out what the emergency plan is for the facilities and if there is a back-up service.
- If you receive in-home caregiver assistance through a home care agency or attend an adult day center, contact them to find out the emergency plan.
- Keep three days of supplies and medications in an emergency kit that is easily accessible.

Caregiver Support Group

Wednesday, June 5, 2013

4 - 5:30 p.m.

**Alexandria Adult Day
Services Center
703.746.5676**

Virginia Hurricane Preparedness Sales Tax Holiday—May 25-29

Stock up on emergency supplies such as batteries, generators, and first aid kits. Sales tax is waived on emergency supplies that cost up to \$60 or on generators costing less than \$1000. For more information on the tax holiday or hurricane and flooding information go to www.ReadyVirginia.gov.

Resources:

Safe@Home: Three-part Summer 2013 Webinar Series

These free one-hour webinars provide tools and educational information to Virginia professional service providers and family caregivers. **Find more information and register at www.alzpossible.org**

1. Balancing Maximum Independence and Home Safety for Individuals with Dementia— **June 5, 2013– 1:30pm**
2. Assistive Technology for Home Safety— **June 12, 2013– 1:30pm**
3. High Tech @ Home: Not Your Grandma's Eldercare— **June 19, 2013– 1:30pm**

To remove your name from our mailing list, please email Jennifer.Sarisky@alexandriava.gov

Questions or comments? Email Jennifer.Sarisky@alexandriava.gov or call 703.746.5999, Option 1



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